(1) 17/9/66 Nguyên tắc cơ bản rèn luyện bộ đội:

I/ Đặc điểm lao động quân sự

Do đặc điểm lao động quân sự → rèn luyện

1/ - Lao động quân sự cường độ rất cao
TD: chạy, bắt quân, rèn luyện, leo trèo...

2/ - T/c đại diện nhiều cái động tác quân sự
TD: bò, lăn, đánh võ, đâm lê...
muốn biết dùng cả những động tác + nhanh
nhờ đời bỏ sự [illegible] và phối hợp

3/ - T/c phối hợp nhiều hoàn cảnh / nóng - lạnh - mưa
- cái yêu cầu tổ chức nhiều diễn [illegible] đêm, ngày...
đối chiến trường.
TD: xung, chất độc...
nóng đêm, nóng sôi, nóng lạnh...
Ngoài sức [illegible] thiên nhiên rồi + nhiệt q sự
sự...
áp suất cao. TD: [illegible] quân, lặn →
áp suất cũng cao thì dường như [illegible]
[illegible]

(2) do loét đời, thuận đường tai, ? co...
điều trương cộng ái liệt → gửi tổ bác lợi cộng ty, [illegible]
điều trương cộng đầy

4) – T/c [illegible] quá [illegible] diễn biến
[illegible] có thể [illegible] tới [illegible]
[illegible] theo quy luật [illegible]
[illegible] đời

5) T/c [illegible] trương ái liệt và liên tục

* Đ[illegible] quân đội [illegible]

- [illegible] điều trương [illegible]
- ______ [illegible] thuật
- ______ thể [illegible]
- [illegible]
- [illegible]
- điều thuật [illegible]

V/ Nhiệm vụ [illegible] với [illegible] về [illegible]
[illegible] đời [illegible]
để [illegible]
Nhiệm vụ [illegible] thể: – [illegible] thuật

(3) [illegible]

- [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

+ [illegible]

- [illegible]

[illegible]

[illegible]

(4) [illegible] thể [illegible] biểu [illegible]

[illegible]

+ Biểu hiện [illegible]:

[illegible]

TD: [illegible]

[illegible]

– [illegible]

TD: [illegible]

[illegible]

TD: [illegible]

 [illegible]

(5) [illegible]
về [illegible]

- Hàng [illegible]
  TD: [illegible]
  + [illegible]
  + [illegible]
- [illegible]
  TD: [illegible]
- Tiết kiệm: [illegible]

II, Phương pháp [illegible]

[illegible]

(6) B, Tất [illegible]

TD: [illegible] chuyên tốt

Rèn luyện [illegible]

Vấn đề [illegible] rèn luyện

Rèn luyện [illegible]

C, Sự [illegible]

D, Rèn luyện [illegible]

E, Rèn luyện toàn diện: Rèn ý trí [illegible]

ý trí [illegible]

ý thức [illegible]

IV, Nguyên tắc rèn luyện

1, Rèn luyện toàn diện

nhằm [illegible] có thể để [illegible]

lúc mọi điều kiện mà có thể

Nội dung công [illegible] toàn diện

Thể dục [illegible]...

Rèn luyện cả mặt: [illegible]...

(7) Rèn luyện tăng dần mà tăng tiến dần

2/ Hệ thống hoá.

mỗi động tác có mối liên quan mật thiết và ảnh hưởng với nhau, chẳng hạn như tiêu hao phục hồi, và thời gian về khoảng cách và cái mức siêu bù

Rèn luyện → mệt mỏi → phục hồi → phục hồi

vượt mức

siêu bù: sau mỗi buổi luyện tập, ta có thể nghỉ ngơi hoàn toàn hoặc nghỉ ngơi tối thiểu. nghỉ ngơi tối thiểu là ta vận động nhẹ để chóng phục hồi gọi là nghỉ ngơi tích cực

Tạo mối đan xen tốt → cái tác dụng của mối độ nghỉ ngơi và phục hồi

3/ Nâng mức dần dần

Rèn luyện từ nhẹ đến nặng, từ đơn giản đến phức tạp, từ dễ đến khó, từ chậm → nhanh, tập luyện phải tăng dần đến mức mới đạt được kết quả

(8) 4/ Chức vụ thực tế

Thực tế với nhiệm vụ chiến đấu

Thực tế với nhà xưởng với trang bị có thể

Thực tế với hoàn cảnh: - Thời tiết
- Địa hình
- Đồng ruộng
- Rừng núi
- Miền thượng...

+ + +

Nhiệm vụ theo dõi sức khoẻ trong luyện tập

1/ Xác định nhiệm vụ

Nó đề ra cho bản thân phải [illegible] sức quân [illegible] mỗi

MĐ: - [illegible] để [illegible] quyết tâm của bộ đội [illegible] trong [illegible]

- [illegible] bộ đội [illegible]

- [illegible] của [illegible]

(1) [illegible]

- [illegible]

(2) [illegible]

a) ________ [illegible]

b) ________ [illegible]

c) ________ [illegible]*

d) ________ [illegible]

[illegible]

e) [illegible]

f) [illegible]

[illegible] với [illegible]

[illegible]

[illegible]

(10) [illegible]

- [illegible]
  [illegible]
  [illegible]
  [illegible]

- [illegible]
  [illegible]
  [illegible]
  - [illegible]

- [illegible]
  [illegible]
  [illegible]
  [illegible]

2. [illegible]

a) [illegible]
   [illegible]

(11) + [illegible]:

- [illegible]
  [illegible]

  TD: [illegible] | [illegible]

  [illegible]

- [illegible]

- [illegible]

  TD: [illegible]

+ F: – [illegible]
  – [illegible]
  – ——— [illegible]
  – [illegible]
  – ——— [illegible]
  – ——— [illegible]
  – ——— [illegible]
  – ——— [illegible]

12.

- [illegible]
[illegible]

TD: F. [illegible]: - [illegible]
- [illegible]
- [illegible]

[illegible] PHP / [illegible] = [illegible]

4) [illegible]:
[illegible]
- [illegible] ([illegible])
- [illegible]
- [illegible]

5. [illegible]
(change)

[illegible] | [illegible]
[illegible] | [illegible]

[illegible]
[illegible]
[illegible]

13 6. Trang [illegible] gia đình

- Loại [illegible] tốt
- [illegible] mới tốt

[illegible]

[illegible]

[illegible]

[illegible]

Bắt nghề nghiệp [illegible] sống lâu

- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible], [illegible]
- [illegible]

[illegible]

[illegible] ...

(14)
23.9.66

Vệ sinh [illegible] + khí [illegible]

Nghiên cứu những yếu tố [illegible] để [illegible]

Phần I: Đại cương

1. yếu tố [illegible]

[illegible]

yếu tố [illegible]

1+ [illegible]
2+ [illegible]
3+ [illegible]
4+ [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

15) Đối với tia gamma (γ) 0,01Å – 0,1Å ([illegible])

[illegible] 0,1Å – [illegible] ([illegible])

[illegible] 10 [illegible] | $\mu = \frac{1}{1000}$ mm

Sóng ngắn [illegible] | $m\mu = \frac{1}{1000000}$

[illegible] 1 [illegible] | $Å = \frac{1}{10000000}$

Ngày nay con [illegible] giới [illegible] của loài

Hiện nay, người ta có những [illegible] gọi là [illegible]

– [illegible]

[illegible]

– [illegible]

5+ [illegible]

[illegible]

[illegible]

Đối với [illegible]

[illegible] gọi là [illegible]

[illegible]

[illegible]

(16) [illegible] : [illegible]

[illegible] ...

→ [illegible]

[illegible]

[illegible]

[illegible]

[illegible].

b) [illegible]

[illegible].

[illegible] 8%

[illegible] 1%

[illegible]

[illegible] 0,04% [illegible]

[illegible]

[illegible]

[illegible]

(17) SC : [illegible]

UC UC: [illegible]

[illegible]

Khâu biên [illegible]

[illegible]

Phần I: [illegible]

[illegible]

(18)

60°/o

Hà Nội

18°

°/o

(19) [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

a) [illegible]

[illegible]

[illegible]

[illegible]



[illegible]

[illegible]

b) [illegible]

[illegible]

[illegible]

[illegible]

- [illegible]
- [illegible]
- [illegible]

[illegible]

[illegible]

* [illegible]

[illegible]

[illegible]

[illegible]

[illegible] 10°c

[illegible]

[illegible]

*) [illegible]

[illegible]

[illegible]

(21) * Đau lưng: [illegible]

[illegible]

* [illegible]

[illegible]

[illegible]

[illegible] — [illegible]

[illegible]

[illegible]

[illegible]: 4-5 [illegible]

Adalf: [illegible]

[illegible]: [illegible] 80%

[illegible] 50%

[illegible] 10%

3) [illegible]

[illegible]

(23) [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

(24) [illegible]

(25)

[illegible]

[illegible]

a/ [illegible] < t^{o} [illegible] / t^{o} [illegible]

[illegible]

[illegible]

[illegible] (1943 [illegible])

[illegible]

[illegible]

[illegible]

[illegible]

6. [illegible]:

a/ [illegible]: [illegible]

[illegible]: t^{o} [illegible] / t^{o} [illegible]

[illegible]

b/ [illegible] ([illegible])

[illegible]: [illegible] ([illegible])

[illegible]

(26)

c) [illegible]

d [illegible]
[illegible]

e [illegible]
[illegible]

f [illegible]

i [illegible]

h ~~[illegible]~~ Tgđ cuả bởi bởi

(27)

<u>Bảng [illegible] độ ẩm</u>

Nhiệt độ	[illegible]	[illegible]
0	4,600	4,814
1	4,947	5,214
2	5,302	5,5[illegible]
3	5,[illegible]77	5,46[illegible]
4	6,[illegible]47	6,370
5	[illegible],791	6,791
6	6,498	7,260
7	7,492	7,734
8	8,017	8,25[illegible]
9	8,574	8,723
10	9,165	9,227
11	9,792	9,976
12	10,457	10,617
13	11,162	11,284
14	11,908	12,016
15	12,699	12,763
16	13,536	13,55[illegible]
17	14,421	14,341
18	15,257	15,329
19	16,364	16,203
20	17,341	17,404
21	17,442	18,10[illegible]
22	19,659	19,[illegible]66
23	20,888	20,45[illegible]
24	21,18[illegible]	21,604
25	23,530	[illegible],9[illegible]7
26	24,168	[illegible],17[illegible]
27	26,[illegible]05	25,38[illegible]
28	28,101	2[illegible],[illegible]67
29	29,[illegible]6[illegible]	28,[illegible]21
30	31,[illegible]54	30,134
31	34,406	31,6[illegible]
32	3[illegible],3[illegible]4	32,[illegible]
33	37,410	35,[illegible]
34	39,5[illegible]0	37,45[illegible]
35	41,827	39,41[illegible]
36	4[illegible],201	41,61[illegible]
37	46,691	4[illegible],710
38	49,40[illegible]	46,[illegible]
39	52,04[illegible]	4[illegible],4[illegible]
40	5[illegible],40[illegible]	[illegible]0,41[illegible]
41	57,41	5[illegible],5[illegible]
42	61,0[illegible]	56,2[illegible]0
43	64,34[illegible]	59,[illegible]9[illegible]
44	67,7[illegible]	62,050
45	71,34[illegible]	[illegible]5,1[illegible]
46	74,1[illegible]	68,3[illegible]
47	77,033	71,7[illegible]
48	83,0[illegible]	7[illegible],[illegible]
49	87,[illegible]	7[illegible],[illegible]
50	91,44[illegible]	[illegible]0,6[illegible]

(28) 24, 9/66 Về [illegible] trong quân đội

I, Đặt vấn đề:

Hiện nay [illegible] quân [illegible]
[illegible]
[illegible]
[illegible]

[illegible]
[illegible]
[illegible]

I [illegible]
[illegible]
[illegible] Tuyệt [illegible]
[illegible]
[illegible]

[illegible] 70%
[illegible] 74%
[illegible] 17%
[illegible]
[illegible]

[illegible] 22%
[illegible] 27%

mô mỡ	30%	Thận	82%
mô xương	10%	Dịch não tủy	86%
gan	70%	máu [illegible]	86%
bạch huyết	96%	thủy tinh dịch (của mắt)	99%
cơ tim	79%		

phân tử nước O^-

H^+ O^{--} H^+ ∠ 106°

$R<^{COO^-}_{NH_3^+}$

nước phân tử [illegible] (+)
[illegible] (-) [illegible] (+)
[illegible]
[illegible]
[illegible]:
* [illegible]
1) [illegible]
[illegible] 4°C [illegible]
[illegible]
2) [illegible]
[illegible]

(40) [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible] — [illegible] ([illegible])
— [illegible] ([illegible])
— [illegible] ([illegible])
— [illegible] ([illegible])
— [illegible] ([illegible])

[illegible]

6. [illegible]
[illegible]

7. [illegible]
[illegible]
[illegible]

(31) [illegible]

[illegible]

[illegible]

9) [illegible]

TD: [illegible]

10) [illegible]

II [illegible]

[illegible]

[illegible]

TD: [illegible]

SVT: [illegible]

VD [illegible]

132 [illegible]
[illegible]

II [illegible]

1) [illegible]:

b) [illegible] (?)

c) [illegible]

d) [illegible]

2) [illegible]:

[illegible]

[illegible] ([illegible])

[illegible]

[illegible]

3. [illegible]

4) [illegible]:

[illegible]

[illegible]

[illegible]

(33) TD. [illegible]

[illegible]

[illegible]

+ [illegible]

[illegible]

[illegible]

c) — [illegible]

d) — [illegible]

a) [illegible]

[illegible]

[illegible] → [illegible] → [illegible] →

[illegible] → [illegible] NO_2

(NO_2)

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

(34)

c.

d.

[illegible] [illegible] ([illegible]) [illegible]
[illegible]
[illegible]
[illegible]

* [illegible]
[illegible]
- [illegible]
- [illegible]
[illegible]
[illegible]
[illegible]
- [illegible]

[illegible] : [illegible]
[illegible]
[illegible] : [illegible]

[illegible] :

[illegible]
[illegible] : [illegible]
[illegible]

[illegible]

[illegible] mỗ

[illegible]

V [illegible]

[illegible]

[illegible]

(37) - [illegible]

- [illegible] có [illegible] ([illegible])

[illegible]

4) [illegible]: + [illegible] ([illegible])

- [illegible]

[illegible]

[illegible])

+ [illegible]: - [illegible]: tôi [illegible]

[illegible]

- [illegible]: [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

(36) 3, [illegible] - [illegible]

- [illegible]
[illegible]

+ [illegible]
[illegible]
[illegible]
[illegible] ...

+ [illegible]

V. [illegible]
[illegible]

- [illegible]
[illegible]
[illegible]
[illegible]

- [illegible]
[illegible]
[illegible]
[illegible]

(39) [illegible]

[illegible]

+ [illegible]

[illegible]

- [illegible]

[illegible]

[illegible]

[illegible] 5%

Đối với [illegible]

[illegible]

[illegible]

[illegible]: [illegible]

[illegible]

[illegible] 4 [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

(12) [illegible]
[illegible]

VII Kết luận : – [illegible]
– [illegible]
– [illegible]
[illegible]
– [illegible]
[illegible]
– [illegible]
[illegible]
[illegible]

+ +
+

Mệt ăn dưỡng.

I/ Sự quan trọng của vấn đề ăn:
1, giúp cơ thể tăng trưởng
2, giữ bắp thịt, lượng hoạt động
3, nuôi dưỡng, [illegible] [illegible]

(42) (đo nhiệt lượng: calo kế)

1 calo + kg nặng + 24 giờ

1600 – 1500 → $\frac{1600}{16}$ = 100 cal

1100

1600

Theo đổi ư – 1 ↗ / 10% → tối thiểu < người lao động ↗ / cao tuổi ↘

4, Phong tục: – lao
– ng. khác qua nghề tốt
– ĐỘ MỠ cao (cung lo chuẩn dụng)
– tập tục: ví dụ công nhân làm việc ở chỗ có nhà hơi xung đất đun thêm chỗ cao: giường hình tròn gạy toàn, đá [illegible]...

5, dinh dưỡng: cầu SA

một số bệnh: cần ăn ít [illegible]

TD: Tiểu đường, lao, dạ dày...

6, quân đội: để chiến đấu, cho ăn...

(43) II, Protid: đặc điểm là các tổ chức mà protit mới [illegible] mô [illegible] trao đổi chất [illegible] với thể [illegible] [illegible] → [illegible] Protid

+) quan trọng: - nguồn [illegible] ...
[illegible]
- [illegible] (thai [illegible])
- Tạo thành [illegible] quan trọng: [illegible] [illegible] ...
- nguồn [illegible]
1g Protid đốt → 4,1 calo → 4,1

+) Nhu cầu:
Sécgêva nghiên cứu: 9% [illegible]
3000 calo → 270 : 4 = 67g Protid
nếu < 9% → cơ thể thiếu [illegible]
9% → [illegible]
[illegible]

[illegible] 10% [illegible]

[illegible]

[illegible])

→ [illegible] (S, H_2 [illegible])

→ [illegible]

[illegible]

[illegible]

3/ [illegible]: [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

(5) [illegible] **anh** [illegible]

[illegible]

[illegible]

([illegible])

[illegible] 1 ([illegible]) [illegible]

[illegible] 1 [illegible]

[illegible] 1 7

[illegible] 1 5

[illegible] 8

[illegible] 1

[illegible] **anh** [illegible] ([illegible])

[illegible] 4.5

Kết luận [illegible]

[illegible]

[illegible]

[illegible]

(16) [illegible] ([illegible])
[illegible]
4, [illegible]
- [illegible] : [illegible]
5, [illegible]
[illegible]
[illegible] : 4 = 75g : 50 = 1,5g
[illegible]
[illegible] :
1 - 10 [illegible] → [illegible]
[illegible]
[illegible] 50 mg
[illegible] → [illegible]
[illegible] 16 g [illegible]

$$\frac{2,65 \times 100}{16} = [illegible]$$

16 — 100
2,65 — x

(47) $9,65 + 6,75 = 16,$[illegible] Protid

Nếu 100g thức ăn mà thừa có 19 g Protid

thì [illegible]

19 Protid ⟶ 100 g

16 ———— x

6/ Phân loại Protid (tiếp theo [illegible])

- [illegible]

TD: [illegible]

- Động vật [illegible]

TD: Thịt gà [illegible]

7/ Nguồn Protid

Đ/vật

- Thức ăn < [illegible] 7% Protid [illegible]

[illegible]

[illegible]

[illegible]

|| [illegible]

[illegible]

[illegible]
[illegible]

III/ [illegible]

[illegible]
[illegible]

- [illegible]
- [illegible]
- [illegible]

- [illegible]

[illegible]
[illegible]

[illegible]

[illegible]
[illegible]
[illegible]

(49) [illegible] 7-10%

Ở trẻ nhỏ: 50%, [illegible] %

[illegible]: [illegible] 7-10%

[illegible] 18%, [illegible] 15%

IV. glucid: [illegible]

1 g G → 4 cal

1 g P → 4[illegible] cal

[illegible]

[illegible]

100 glucogen [illegible]

[illegible]

[illegible]

Các [illegible] glucid

[illegible]

[illegible]

(50) Dùng nước có khuẩn tả thì vi trùng.

+ +
+

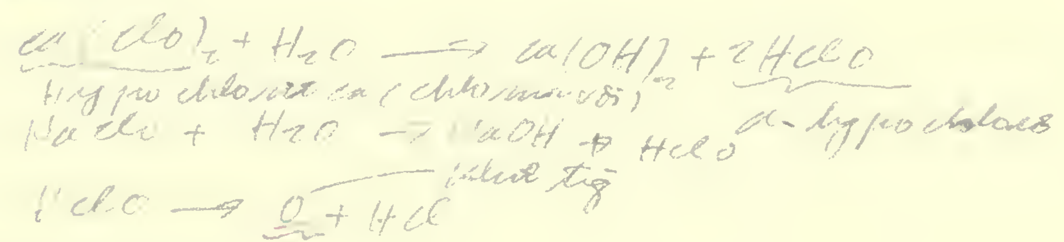
Khử trùng nước.

I/ Khử trùng nước bình thường

A/ Ý nghĩa và cơ chế

a/ Ý nghĩa: Khử trùng thông dụng với nước ... chỉ để khử trùng bệnh, vô hiệu với vi trùng ~~...~~ ... cho ...

b/ Cơ chế:



$Ca(ClO)_2 + H_2O \rightarrow Ca(OH)_2 + 2HClO$

Hypochlorit Ca (chlorua vôi)

$NaClO + H_2O \rightarrow NaOH + HClO$ a. hypochlorous

$HClO \rightarrow O + HCl$ (khử trùng)

B/ Tiến hành:

1/ Đặt định mức Cl (test chlore)

Để đảm bảo hiệu quả
để khử trùng

(51)

Test chlore là số chlor lượng cần thiết nước đã khử trùng sau 30 phút

+ Nguyên tắc: ... nước ... kiểm ... cho ... lượng chlor ... còn ... sau 30 phút ... chlor dư ... thừa ... 0,1 – 0,3 mg/l

a) Kỹ thuật:







	1	2	3	4	5
	500 ml	500	500	500	500
nước kiểm	+ giọt	+ giọt	+	+	+
a. acetic 10%					1 ml
KI 1%	0,2	0,4	0,6	0,8	

Sau đó để ... 30 ph ... để thử ... chlor thừa ...

... ... lấy ở từng 5 ml

... orthotolidin ... giọt

... màu ... [illegible]

3. Tính kết quả

a, ...

(52) 3. [illegible]

[illegible] 10% + giọt [illegible]
[illegible] 2% + giọt [illegible]
[illegible] → [illegible]:
- [illegible]
[illegible]
[illegible]
[illegible]
[illegible] → [illegible]

4. [illegible]:
[illegible]
[illegible]

[illegible] 1%

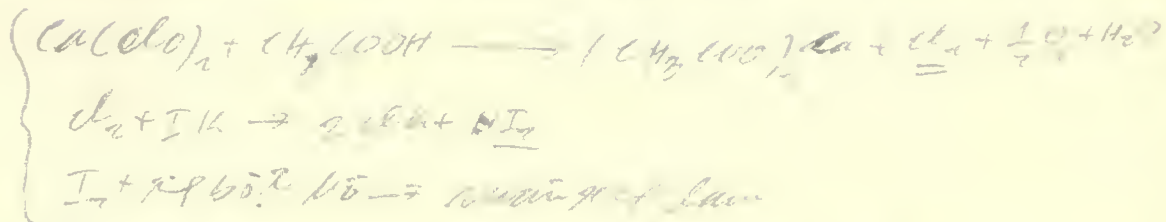
1 [illegible] ———— 0,6 × 2
1 [illegible] ———— 0,6 × 2 × 1000 = 1200 [illegible]

54) [illegible] $= 12,5\%$ [illegible]

[illegible]

- [illegible]

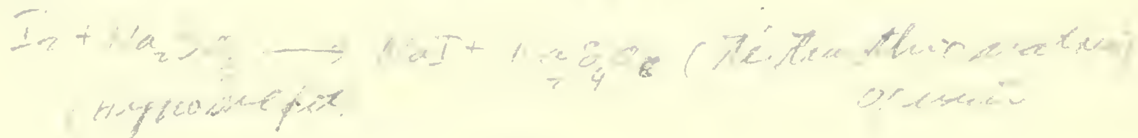
- [illegible]



$$Ca(ClO)_2 + CH_3COOH \longrightarrow (CH_3COO)_2Ca + Cl_2 + \frac{1}{2}O_2 + H_2O$$

$$Cl_2 + 2KI \rightarrow 2KCl + I_2$$

I_2 + hồ tinh bột → màu xanh lam



$$I_2 + Na_2S_2O_3 \longrightarrow NaI + Na_2S_4O_6$$ ([illegible])

[illegible]

II [illegible]

A [illegible]

- [illegible]
- [illegible]
- [illegible]
- [illegible]
- [illegible]

[illegible]

- [illegible]

B [illegible]

1. [illegible]
2. [illegible]

(55) [illegible]

[illegible]

III [illegible]

A, [illegible]

(57) [illegible] F [illegible]
[illegible] — [illegible] 0,07
[illegible]
[illegible] 0,05

[illegible]
— [illegible] 0,05
[illegible]

[illegible] F [illegible]
a/ [illegible] { 4,11% [illegible] ([illegible]
{ 4,27% Na_2CO_3 [illegible] [illegible]
{ [illegible])
14,52% $NaHCO_3$
NaCl

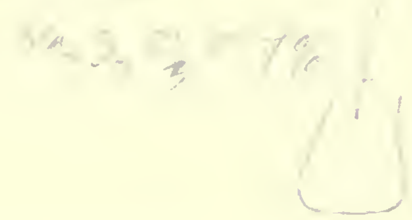
[illegible] 189 mg
[illegible])

b/ [illegible] 0,015 g
NaCl 0,05 g
[illegible]
[illegible]
[illegible] 4%

(58)

[illegible]

(51)



(60) [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

A/ Hội [illegible]

I/ [illegible]

[illegible]

- [illegible]

(61) [illegible]
[illegible]

[illegible]
[illegible]

II) [illegible]

A) [illegible]

1. [illegible] [illegible]
[illegible] II [illegible]
[illegible]

+2. [illegible] [illegible]
[illegible] II [illegible]
[illegible] II [illegible]
[illegible]
[illegible]

[illegible]
[illegible] A [illegible] B [illegible]

(…) [illegible]:

[illegible] quelle 30% ([illegible]) III giọt

[illegible] A II giọt
[illegible] II giọt } [illegible]

[illegible]

[illegible]:

[illegible]
[illegible] 1 giọt
[illegible]
[illegible]

[illegible]:

[illegible]
[illegible] 1 giọt
[illegible] %
[illegible]
[illegible]

[illegible]
[illegible]
[illegible]

(63) [illegible] :
[illegible]
[illegible] (NH_4) [illegible] III giọt
[illegible] HCl 30% II giọt
[illegible] A[illegible]
[illegible] III giọt [illegible]
[illegible]

[illegible]

1. [illegible] : [illegible]
[illegible] II giọt
[illegible]

[illegible] ( ) [illegible] II giọt [illegible]
NH_4 [illegible]
[illegible]

2. [illegible] : [illegible]
[illegible]
[illegible] II giọt [illegible]
[illegible]

(64)

(65) [illegible]

C) [illegible]

[illegible]

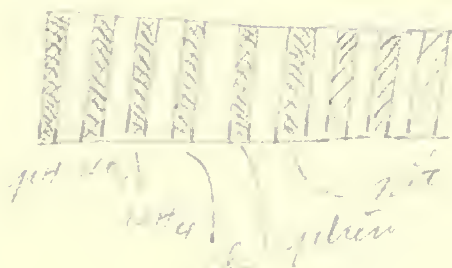
D) [illegible]

[illegible]

[illegible]

III. [illegible]

[illegible]



[illegible]

1°: [illegible]

(17) 4) [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

([illegible])

(68) [illegible]

[illegible]

(69) [illegible]

3. [illegible]

a) [illegible] : [illegible] [illegible]

[illegible] [illegible]

[illegible] [illegible]

[illegible]

4) [illegible]:

[illegible] [illegible]

[illegible] [illegible]

[illegible]

[illegible]

5) [illegible]:

(B.) [illegible] [illegible]

[illegible] [illegible]

[illegible] [illegible]

170. [illegible]

(74) [illegible]
[illegible]

II, [illegible]:

1, [illegible]:
[illegible]

- [illegible]
- [illegible]
- [illegible]

8 fê
1 fê

2, [illegible]

[illegible]
[illegible]

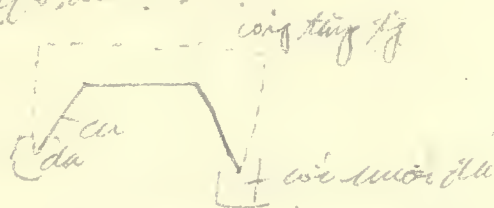
[illegible]
[illegible]

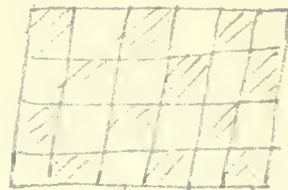
Thực tập - VS môi trường + K²

I, Đo các yếu tố vi khí tượng.

1, Đo nhiệt độ

- Nhiệt kế thường thủy ngân
- cặp nhiệt điện





- Điện trở bán dẫn. Khi t° ↗ R ↗ I ↘

Bán dẫn

điện trở bán dẫn để đo nhiệt độ sàn, tường, đo nhiệt lò, đo bộ phận truyền nhiệt, [illegible] trong người

+ Phong tốc kế cốt quạt (đo chiều gió)

+ Tỏa nhiệt (đo tốc độ gió) và đo sự tỏa nhiệt

+ quả cầu: ~~[illegible]~~ Khi nhiệt độ ở vật nóng bao quanh nhỏ hơn nhiệt độ ~~[illegible]~~ [illegible]

Các ... tuyệt đối [illegible]

+ Độ ẩm: - Độ ẩm tối đa A
- ——— tuyệt đối B
- ——— tương đối e

Độ ẩm thích hợp 40-60%
30 - 40 - 60%

Lượng nước ở độ bão hoà ở $1 m^3$ ... nhiệt độ, nếu xuống thì nó trở thành nước ngưng

+ Độ ẩm tối đa ...: g/m^3 hoặc mm Hg
+ Độ ẩm tuyệt đối: [illegible]
+ Độ ẩm tương đối $e = \frac{B}{A} \times \%$

máy ABS ... < có nhiệt kế ướt
——— khô

Augusta:

Độ ẩm tuyệt đối $B = A' - \alpha (t_k - t_u) H$

A' là độ ẩm tối đa theo nhiệt kế ướt

α là hệ số

8 mùa $\alpha = 0,00110$

8 ngoài α 0,00074

H là áp lực khí quyển ... mm Hg

TD: t° cực 27
t° cực tiểu 6
$\alpha = 0,0011$

$B = 23,555 - \underbrace{0,00116(t)\,76}$ = 1,572

1,5 ... 23,555 − 1,572 = 21,878 mmHg
... = 21,48 ... g/m³

độ ẩm tương đối = $\frac{21,486}{26,505}$ % = 75 %
TD: A = 26,505

II, chỉ số ngạt =
0,7 t° cực + 0,1 t° cầu + 0,2 t° ...
TD 0,7 × 15 + 10 + 5 = 30,5
chỉ số ngạt: là độ nhiệt độ tăng ...
dưới 16° bộ ... tạy ...
31,1 ... ...
31,2 ... ...
đối với ... ...

II. ... ... : là số nhiệt ... ...
... ...

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

$t_0 \,|\, t_1$ [illegible]

[illegible] (tg [illegible] điều cao [illegible])

TD: $t_0 = 37$ G = [illegible] = 82

$t_1 = 39$ 1,6

[illegible] > 5 [illegible]

S [illegible] = 1,6

[illegible]

[illegible] CRAIG : [illegible] / 100 + [illegible] / [illegible]

Hg muối lời = (tổ cá ngư thuần [illegible] + muối ngập [illegible]) – tổ cá ngư [illegible] + muối [illegible] + [illegible]

TD: P = 5,5 kg
muối = 3 kg
đá = 0,800 kg
cá ngư [illegible] 49
nhiệt [illegible] = 27
—— [illegible] = 39
muối 11,5

→ [illegible] cá tổ cũng = 1,[illegible] + 3,[illegible] + [illegible] = 6,35

[illegible]

$$-B = A' - \alpha(t^o_n - t^o_u)H$$

$$-C = \frac{B}{A} \times \%$$

– $y_{a\,glou} = 0{,}7 \times t^o_{ac} + 0{,}2\,t^o_{cân} + 0{,}1\,t^o_{n}$

– $Q = \frac{0{,}83 \times P \times \Delta t}{S}$ P là cân nặng, $\Delta t = t_1 - t_0$

– hg muối bồi = (cân nặng tld + vỏ [illegible]) – (cân nặng sld + muối giữ + [illegible])

27.11.66

II. Cách lấy nước để [illegible]

1. [illegible]: để việc lấy nước [illegible]

2. [illegible]

[illegible]

[illegible]
[illegible]

[illegible]
[illegible]
[illegible]
[illegible]
[illegible]

- [illegible]
[illegible]

- [illegible]
[illegible]
[illegible]
[illegible]

- [illegible]

[illegible] - [illegible]
- [illegible]

- [illegible]
- [illegible]
- [illegible]
  - [illegible]
  - ~~[illegible]~~
- [illegible]:
  [illegible]
  [illegible]
  [illegible]
- [illegible]:
  [illegible]
  [illegible]
  [illegible]
  [illegible]
  [illegible]
  [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

+ [illegible]: - Thời gian
- Không gian
- địa điểm

[illegible]

[illegible]

[illegible]	[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]	[illegible]
	[illegible]	[illegible]	[illegible]
	[illegible]	[illegible]	[illegible]
	[illegible]	[illegible]	[illegible]
			[illegible]

4) Độ cứng (thang ...)
nước tốt 0 - 10 độ
... 10 - 30 ...
quá > 30 ...

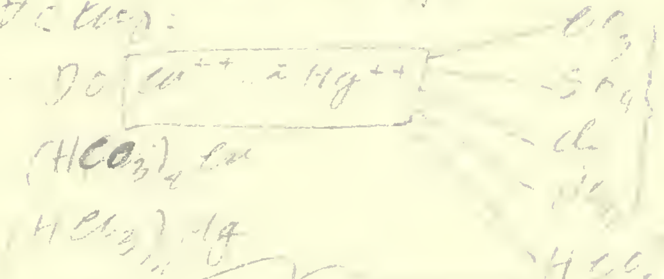
5) Màu: ... 9 ...

4) ... :

... pH: 6 - 8,5

5) ... :
... < 6
... > 8,5

6) Độ cứng:



Độ cứng tạm thời ... Độ cứng vĩnh cửu

Độ cứng ... 30° ...
... (nk)

7 [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

9 [illegible] 1 [illegible]

[illegible]

[illegible]

[illegible]

11 [illegible]

[illegible]

4 [illegible]

[illegible]

[illegible]

7 [illegible]

[illegible] chất cát [illegible] (42)

13 [illegible]

14 [illegible]

15 [illegible]

16 ta : [illegible]

[illegible]

[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]
[illegible]	[illegible]	[illegible]